



Maple-Hazelnut Oatmeal

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



379 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 1.5 tablespoons butter softened
- ☐ 1.5 cups milk fat-free
- ☐ 2 gala apples peeled cut into 1/2-inch cubes (3 cups)
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 tablespoons hazelnuts chopped
- ☐ 0.3 cup maple syrup
- ☐ 0.3 teaspoon salt

- ☐ 1 cup steel-cut oats uncooked
- ☐ 1.5 cups water

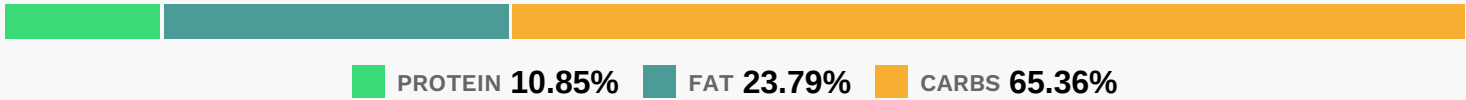
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ slow cooker

Directions

- ☐ Bring milk and 1 1/2 cups water to a boil in a saucepan over medium-high heat, stirring frequently.
- ☐ Coat a 3 1/2-quart electric slow cooker with cooking spray.
- ☐ Place hot milk mixture, apple, and next 5 ingredients (through salt) in slow cooker; stir well. Cover and cook on LOW for 7 hours or until oats are tender.
- ☐ Spoon oatmeal into bowls; top with maple syrup and hazelnuts.

Nutrition Facts



Properties

Glycemic Index:57.19, Glycemic Load:22.36, Inflammation Score:-4, Nutrition Score:9.9426087296527%

Flavonoids

Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 6.86mg, Epicatechin: 6.86mg, Epicatechin: 6.86mg, Epicatechin: 6.86mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 379.45kcal (18.97%), Fat: 10.33g (15.89%), Saturated Fat: 3.39g (21.2%), Carbohydrates: 63.84g (21.28%), Net Carbohydrates: 56.7g (20.62%), Sugar: 32.21g (35.78%), Cholesterol: 14.04mg (4.68%), Sodium: 225.62mg (9.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.59g (21.19%), Manganese: 0.83mg (41.61%), Fiber: 7.14g (28.54%), Vitamin B2: 0.41mg (23.95%), Calcium: 184.62mg (18.46%), Phosphorus: 124.4mg (12.44%), Iron: 2.08mg (11.54%), Potassium: 339.89mg (9.71%), Vitamin B12: 0.54µg (9.03%), Vitamin B1: 0.11mg (7.51%), Magnesium: 29.56mg (7.39%), Vitamin A: 369.13IU (7.38%), Vitamin E: 1.04mg (6.92%), Vitamin D: 1.01µg (6.74%), Copper: 0.13mg (6.5%), Vitamin B6: 0.12mg (6.08%), Vitamin C: 4.51mg (5.46%), Zinc: 0.73mg (4.88%), Vitamin B5: 0.44mg (4.44%), Selenium: 2.09µg (2.98%), Vitamin K: 3.12µg (2.97%), Folate: 10.44µg (2.61%), Vitamin B3: 0.31mg (1.54%)